

Big Sandy News.

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CIRCULATION, OVER 4400.

Friday, August 1, 1913.

S. W. Hager, of Owensboro, has been reappointed a member of the State Election Board.

An exchange wants every candidate to be like Caesar's wife, above reproach. This is what the great Roman wanted her to be, but the gay dame wasn't built that way.

Mr. Doolittle, of Newton county, has just cleared \$6,000 on his cabbage crop.—Ex.

Which shows there's but little in a name.

Fletcher Denton was convicted at Winchester of having conspired to bring about the death of former Sheriff Ed Callahan. Denton's punishment was fixed at life imprisonment.

Eph January and Bob Porter are running for police judge at Paris in the Democratic primary of August 2. Bob says a singular thing is going to happen next month, when the second of August will be the last of January.

A Florida editor heads his marriage, births and death column "Bells, Yells and Knells."

How would this do for births, marriages and deaths: "Hatched, Matched, Dispatched"?

Ambassador Henry Lane Wilson has been called to Washington to tell the President what he knows about Mexico and the murder of Madero. The Hopkinsville Kentuckian thinks the chances are that Henry is a long life that has no return.

Jim Allen, of the Cynthia Democrat himself one of the single ones, is opposed to a tax on bachelors. Hear him: "Rather, tax the married men who have no children. There is where lies the responsibility for race suicide, degeneration of species, and rapid expansion of the divorce evil."

TERRYVILLE.

Lately a beautiful wedding took place at Keaton, the contracting parties being Charley Bailey and Miss Plura Pyffe. Mr. Bailey is the fourth son of Andy Bailey, a prosperous farmer and stockman. Miss Pyffe was the eldest daughter of Jas. Pyffe, Jr. They expect to make their home in Johnson county.

John M. Hay and Miss Gracie Holbrook are married. Mr. Hay is a son of Frank Hay, a farmer. Miss Holbrook is a daughter of Thomas

Holbrook, and is a beautiful young girl of fourteen summers.

The citizens of this place are now organizing a company for the purpose of making a test for oil. It is believed by a great many that they will make a success. Drilling will not begin before September.

The twelve year old son of Harvey Kazee is not expected to live. He received the injury from an explosion of gunpowder which he caused himself. He was burned from foot to head and only a few of his clothes remaining on his body.

Wet Kitchen, of Dennis, was here this week.

Milled Skaggs is suffering with bad bruises which he received when thrown from a mule Sunday.

Mrs. Cynthia Perdue, of Ashland, is visiting her father, Will Boggs, this week.

John Stone and family have returned from a few days' visit to their parents at Hoods Fork.

A gypsy woman told Frank Hays fortune and stole his money simultaneously. So beware of a gypsy.

Rutha Skaggs is improving. She has been suffering with spinal meningitis for more than a month.

Wilson Skaggs and wife have come to Ohio with the expectation of living there for a while.

Mr. and Mrs. P. Sparks are entertaining a little guest whom they have christened Crosby.

Mr. and Mrs. Alfred Saggs are singing lullabys to their new arrival who is fifth in rotation and certainly is a fine boy.

W. H. Hay delivered an interesting sermon Sunday at Sugar Grove.

Rev. Will Dixon, of Blaine, has promised to preach Sunday at Sugar Grove.

Mr. and Mrs. L. E. Skaggs attended church at Bailey Chapel Sunday. Ed McBryer was calling on us this week.

John Baker, of Magoffin county, was here recently paying good prices for cattle.

FRISKY FARMER.

WELL TOLD

By a Louisa Resident.

The following has more interest for Louisa residents than it otherwise would have because Mr. Pigg is one of ourselves, a citizen of Louisa. If it prove of assistance to but one person in Louisa, it will have been well worth the telling.

G. E. Pigg, Main Cross St., Louisa, Ky., says: "For several years I was subject to severe backaches. I had much trouble in passing the kidney secretions. Sometimes the secretions were profuse, then again scant and highly colored. Doan's Kidney Pills were procured at the Louisa Drug Store, and they gave me the first relief I had received. After using this remedy, I enjoyed better health and entire freedom from kidney trouble. I have been well since. I am glad to confirm the endorsement I gave Doan's Kidney Pills several years ago."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—DOAN'S—and take no other.

Mrs. Ida Smith Kinser has resigned her position as chief telephone operator and left Tuesday to join her husband at Gallipolis where they will make their future home.

HUGHEY, W. VA.

Preaching at this place was largely attended Sunday night.

J. P. Small made a business trip to Logan Monday.

Mrs. Mart Salyers and Mrs. Ira Maynard and Mrs. Stanley Cooper Little Howard and Samuel Rosky, of Monoton, are visiting their grandparents, Mrs. J. P. Small and Mrs. Robert Richardson, here.

Mrs. W. E. Talbert has as her guest her niece from Ironton, O. There will be a pie social here Saturday night, Aug. 2.

Mrs. Prince, the music teacher of Logan, was visiting Mrs. J. P. Small Monday.

Little Marie Salyer gave a birthday party Saturday. Quite a number of friends were present and all had a delightful time.

Mrs. Henry Lyken has been sick. Miss Gladys Reed was calling on Miss Emma Salyers Sunday.

Miss Helen Small was visiting Miss Virginia Reed Monday.

W. VA. HILLS.

DAD ARRIVES TOO LATE.

Ironton, O., July 29.—Geo. Alexander, of Floyd county, Ky., arrived here today in pursuit of his daughter, Miss Oma Alexander, five minutes after she had been married to Lawrence Jenkins. The father said the girl was only 15 years old and that Jenkins had induced her to elope with him when she was on her way to school this morning.

OPERATION NOT ADVISABLE.

On Friday last, Miss Maud Burdett, who had gone to Riverview hospital for treatment, submitted to an instrumental examination to ascertain the nature of her trouble. As a result it was decided that an operation was not advisable. The examination was made by Dr. L. H. York, Dr. Kincaid, of Catlettsburg, Bromley and Wroten assisting.

DIED IN CHURCH.

Ira H. Borders, aged about 60 years, fell dead in the Walnut Grove Baptist church at Ulysses, this county, on Tuesday, July 29th. He had been a staunch member of that church for many years and was attending a service when death called him to his reward.

Mr. Borders was an uncle of Mr. A. L. Burton, of this city.

CASTLE-HINKLE.

Carl Castle and Miss Nola Hinkle were married in Ironton Wednesday of this week. Both live at Richardson, this county. The bride is a daughter of R. D. Hinkle and sister of County Attorney James W. Hinkle. She is an attractive young lady. The groom is a son of Scott Castle.

BOY SCOUTS AND BRYAN.

They Indorse the Secretary's Total Abstinence Principles.

A company of boy scouts recently called on Secretary of State Bryan to present an engrossed copy of the following resolutions:

Having just celebrated Mother's day, it is fitting and proper that we should enlist under our mothers' banner in the war against the demon of strong drink; therefore be it

Resolved, That we, troop 16 of the Ironton Memorial Congregational church of Washington, D. C., do hereby indorse the action of our secretary of state in his brave stand against King Alcohol and his hosts.

The secretary was highly pleased with the testimonial and thanked the boy scouts for the resolution. He said in part: "I appreciate the compliment which you pay me in indorsing what I have done in regard to serving liquor at the table. If since I have grown to manhood I had ever felt tempted to begin the drinking of liquor I would have been restrained by the feeling that my act might injuriously affect some who look to me for an example, and I have felt that more especially in public life, for as one becomes better known his example has more far-reaching influence. I shall feel that I have not lived entirely in vain if by abstaining from the use of intoxicating liquors as beverages I have given strength to any one to help him resist temptation."

The Truth About Alcohol.

Frederick Peterson, M. D., professor of psychiatry at Columbia university and ex-president of the New York state commission on lunacy, has the following printed on his prescription blanks:

Alcohol is a poison. It is claimed by some that alcohol is a food. If so, it is a poisoned food. The daily regular use of alcohol, even in moderation, often leads to chronic alcoholism.

One is poisoned less rapidly by the use of beer than by drinking wines, gin, whiskey and brandy.

Alcohol is one of the most common causes of insanity, epilepsy, paralysis, diseases of the liver and stomach, dropsy and tuberculosis.

A father or mother who drinks poisons the children born to them, so that many die in infancy, while others grow up as idiots and degenerates.

Every Drunkard Was at One Time a Moderate Drinker.

JAMES J. CORBETT OWES HIS LIFE TO ABSTAINING.

Once Champion Pugilist Has Not Touched Liquor in Years.

By JAMES J. CORBETT.

My lecture on temperance given before the Whitestone branch of the Woman's Christian Temperance union has caused a lot of amusement among my friends. They seem to think it strange that a pugilist should talk on temperance.

I don't think there is anything funny about it. A great many people think that because a man is a pugilist he must certainly be a drinking man. That is a false impression.

I know a great many pugilists who do not drink, and one of that class is James J. Corbett.

Take a good look at me. I will be forty-seven years old next September. I know I don't look it. For I am taken for thirty-five or thirty-six every day. How do I do it? Temperance and clean living—that's the answer.

Last October I was stricken with appendicitis, carried out of my hotel in Philadelphia to a hospital, where they examined me and found that my appendix had broken and peritonitis had set in. The surgeons said I would not live through the night. Well, here I am alive and well again.

During my convalescence I asked the doctor what pulled me through. "Your wonderful constitution and vitality," he replied.

"You are not a drinking man, are you?" the doctor asked.

"No," I said.

"I thought not," he returned. "If you had been you would be a dead man today."

In the Nevada bank in San Francisco in which I was a clerk the vice president was a drinking man. When I first noticed him he was only a very moderate drinker, but each year he got to drinking more and more until the sixth year, my last in the institution before leaving to become a pugilist. That year he was drinking heavily.

Many times at the solicitation of the man's wife I went around to dives in San Francisco and took him home. This of course did not set a very good example to the clerks in the bank, who were naturally inclined to look up to and emulate a man occupying so important a position.

About fifteen years after I left the bank I was sitting in my cafe on Broadway, in New York, one night, when I staggered an intoxicated man, very seedy in appearance and with disheveled hair and bloodshot eyes. He called out, "Hello, Jimmy Corbett." I went up to him, looked closely at him for several moments and was horrified to recognize in that besotted creature the man who was formerly vice president of a large bank and possessed of a comfortable fortune. The poor fellow was completely down and out. I gave him some money, and I haven't seen him since.

Any man who would not profit by an example of that kind must be crazy. It certainly was a wonderful lesson to me, and I have never taken a drink since that night. I had occasionally taken a glass of beer or wine before that, but now I am a teetotaler. Have I any message for the young men of today? Yes, and here it is:

Young men, never take the first drink. I know that it takes a lot of moral courage for a young man who has just come to a great city and is going out with friends to refuse invitations to drink. He is called a Rube and gazed unmercifully, but if he exercises the moral courage to refuse to touch the stuff he will congratulate himself later.

ABSTAINERS PREFERRED.

Most Employers Consider Drinking Habits in Hiring Men.

The United States commissioner of labor made an investigation into the question as to what extent the fact of being a drinking man bars a man from obtaining employment.

Circulars of inquiry were sent to 7,000 employing concerns, all of which are representative in their lines of business. There were 6,976 replies received. Of these 5,353 state they take the drink habit into consideration in employing new men. The reason given by most is that it is simply a business precaution. The employer is liable for damages done by accident in his establishment, and it is only prudent to employ men with clear heads.

The reason is a good one and should be pondered by every workman. To have a reputation as a sober man is distinctly in a man's favor in obtaining work, and in these days of intense competition every man who desires to prosper will see the necessity as a bit of business prudence for avoiding the drink habit.

THE DANGER OF EXAMPLE.

THE greater the character, respectability and influence of the moderate drinker the more powerful his example for evil, for he is practically advancing and advocating the fallacious theory that the use of alcoholic beverages in moderation is safe, healthful and respectable and thus leading the young and inexperienced into fatal error.



WHAT, WHEN AND HOW TO EAT

The Importance of Selecting, Combining and Proportioning Food.

By EUGENE CHRISTIAN, F. S. D.

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THERE are three common laws that govern all forms of animal life—namely, nutrition, motion, oxidation, or, in other words, eating, exercising and breathing. Both exercising and breathing are automatic processes; therefore they are done in accordance with nature, but it is different with our food.

Man has put into his stomach in some form or other nearly everything on the face of the earth, and his efforts have been crowned with a series of mistakes that are largely responsible for a condition of universal disease and a fearful shortening of life.

As this series of articles will deal largely with these mistakes and how to correct them, I will first take up the subject of nutrition—man's food. I will subdivide this subject into three parts—selecting, combining and proportioning.

In order to get the best results the diet must be selected so as to contain all the elements of nourishment the body needs. It must be combined so as to be chemically harmonious when mixed in the stomach, and it must be proportioned so that one is not overfed on some things and underfed on others. In other words, the diet must or should be balanced.

Man's Life is Too Short.

Man has existed a long time on this earth, and he thinks he has done fairly well without knowing or caring anything about these laws, but when we examine the mortality tables of all civilized countries we realize that there is something radically wrong.

The life period of mankind, reckoning from an age of six, is only a little over thirty-eight years, and if we take him from his infancy it brings his period of existence down to less than thirty-four years. He barely gets grown before he drops into his grave.

Nature does not demand exactness in eating. If one eats a little too much or the wrong proportions the surplus can be worked off, but the work must be done or the penalty must be paid. The penalty is some form of congestion in the body which we are pleased to call disease.

Three Other Laws of Diet. When we learn how to select, combine and proportion our food it should be partaken of according to our age, climate, time of the year and the work we do.

If we wish the best results we must select and proportion our food according to age, because the growing child or youth needs much structural material—sulphate of lime—with which to build bone, teeth and cartilage. This is found in cereals and all starch foods. The middle aged person needs but little of these, just enough for repair, and the aged person needs practically none.

In selecting and proportioning our food we should observe the laws of temperature or time of the year. We should not partake of foods of a high caloric or heating value at a time when the sun is giving us this heat direct, thus building a fire inside while the sun is giving us the same heat outside. The violation of this simple law is the cause of all sunstroke and heat prostration. On the contrary, if we are going to be exposed to zero weather we should build the fire inside by partaking of foods of a high caloric value.

Balanced Diet Essential.

We should select and proportion our food according to the work we do, because eating is a process of making energy, while work is a process of expending energy, and we should make these two accounts balance. When they are balanced we are healthy; when they are unbalanced we are diseased.

Health is our natural condition, and the nearer we obey the laws of nutrition as above subdivided the more perfect our health will be and the more automatically all functions of the body will work. Correct eating, exercising and breathing, therefore, cure disease by establishing normal conditions, by removing its cause, thus permitting nature to give us our birthright, which is health.

Results of Wrong Food Combinations. There are hundreds of chemicals as opposed to each other that they produce violent action when mixed together, and so it is with food. Every article of food we eat is composed of a definite chemistry; therefore to get the best results or the highest value (energy) out of what we eat our meals must be composed of things that are chemically harmonious.

The stomach serves two purposes—first, a mixing and testing crucible; second, a storehouse or depot. It is estimated that about 90 per cent of all human disease originates in the stomach; therefore if people know how to select and combine their food so that every article composing the meal would be both nutritious and chemically harmonious it would do more to promote health and raise the standard of life than any other one thing known to science.

When several foods are eaten at the same meal that are not chemically harmonious nature pours into the stomach a large amount of hydrochloric acid, which produces fermentation. This is nature's way of neutralizing and getting rid of these opposing elements. Then we say the foods did not agree with the stomach when the facts are they did not agree with their selves.

Cause of Heart Trouble. When there is too much hydrochloric acid in the stomach foods digest too quickly. This causes congestion in the upper intestines. The food, being supercharged with acid, undergoes a process of fermentation which generates gas. This gas accumulates in the transverse colon, and the pressure in this distended colon often causes an insufficient blood flow into the heart; hence the faint heart action, now and then skipping a beat. At other times it causes an excessive blood flow or arterial overflow, and then we have palpitation, dizziness and sometimes complete heart failure and death.

In addition to congestion and irregular heart action the excess acid causes irritation of the mucous membrane of intestinal lining, and the millions of little nerve fibers that lead out from these irritated surfaces to every part of the body also become irritated and cause what we call nervousness.

The brain and the stomach bear the same relation to each other that a balloon bears to a basket. They are connected by thousands of nerves and capillary vessels; therefore when the stomach becomes irritated by acid the brain is the first organ to suffer. Then we have insomnia, nervousness, melancholia, lack of concentration, etc.

Results of Autointoxication. These are only a few of the conditions caused by the wrong selections and combinations of food. The general physical trouble is described by the word autointoxication, which means that we have eaten more food than the body could use, and nature has decomposed or changed it into alcohol and carbon dioxide poisons.

Autointoxication causes innumerable symptoms, such as anemia, languor, drowsiness, impure blood, indicated by pimples or acne; melancholia, a lack of interest in things. That is, where we should be normally cheerful we are melancholy. Instead of being mentally bright and quick to comprehend, our mind is disturbed, wandering and dull, and we undergo a sort of general mental and physical let down.

There are a number of other conditions caused by the wrong selections and combinations of food which, named in the order of their importance, are rheumatism, Bright's disease, gout, lumbago, diabetes, hardening of the arteries, enlargement of the liver, etc.

Inasmuch as the true remedy for all diseases must be found in the field of their cause, it is obvious that the cure for these disorders lies in diet. When I say cure I mean that scientific feeding will remove the primary cause, and nature will do the curing.

Disease is the Penalty. Just as the state punishes people who violate her criminal laws, so all disease is merely the penalty for violating natural laws. Nature, however, is more merciful than the state. She will forgive and cure if you will turn and obey her laws. This is the reason why the greatest living scientists are gradually turning toward the food question to find the causes as well as the cure for a majority of human diseases.

In this series of articles I shall endeavor to point out the various combinations of food that cause many common diseases and show how the causes can be removed and cures made by the scientific use of food.

Health is the one thing we all desire, and as this great prize is a law of obeying or disobeying the laws, let us examine man with care and if possible ascertain of these cosmic rules.

Scientific feeding does not mean simplicity, deprivation or asceticism; it means knowledge, obedience to the natural law, and maintaining the body, which are overruled on account of their sin.

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The writers of the FOLLOWING SYSTEMS were the only ones able to qualify: Isaac Pitman, GREGG, SUCCESS (Pitman) and Graham. The Official Records of the Association are in our office for the inspection of all interested persons.

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